



ATA CROSS FAMILY MARTIAL ARTS

4510 S. Reservoir Rd., Aurora, CO 80015

www.ATACrossTaekwondo.com

(303) 690-0560

Schedule Effective 1/23/12



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Main Floor	2nd Floor	Main Floor	2nd Floor	Main Floor	2nd Floor	Main Floor	2nd Floor	Main Floor	2nd Floor	Main Floor
		Brown/Red 4:00 - 4:45				Brown/Red 4:00 - 4:45				White/Orange/ Yellow 8:30 - 9:00
Brown/Red 4:30 - 5:15	Black 2nd-4th Deg 4:45 - 5:15	Purple/Blue 4:45 - 5:30	Adaptive Martial Arts 4:30 - 5:00	Brown/Red 4:30 - 5:15	Camo/Green 4:30 - 5:15	Black 4:45 - 5:30	Adaptive Martial Arts 4:30 - 5:00			
Leadership 5:15 - 5:45	BBC-2nd-4th		Tiger Cubs 5:00 - 5:30	BBC-Br/R	BBC - C/G		Tiger Cubs 5:00 - 5:30	Demo Team 5:00 - 5:45		
	Junior K4K - Advanced 5:30 - 6:00	BBC-P/B/Br/R	Tiny Tigers - Beginner 5:30 - 6:00	Brown/Red 5:30 - 6:15	Junior K4K - Advanced 5:30 - 6:00	BBC-Black	Tiny Tigers - Beginner 5:30 - 6:00		Purple/Blue 5:30 - 6:00	Teen/Adult (13 & older) Sparring 9:00 - 9:45
Black 5:45 - 6:30	Tiny Tigers - Beginner 6:00 - 6:30	Brown/Red 5:45-6:30	Camo/Green 6:00 - 6:45	White/Orange/ Yellow 6:15 - 6:45	Tiny Tigers - Beginner 6:00 - 6:30	White/Orange/ Yellow 5:45 - 6:15	Camo/Green 6:00 - 6:45	Creative / Leadership 5:45 - 6:30	Camo/Green 6:00 - 6:30	Board Breaks (Purple & up) Kids at 10:00 9:45 - 10:30
White/Orange/ Yellow 6:30 - 7:00	SPARTACUS COMBATIVES 6:30 - 8:30	Black 6:30 - 7:15	BBC-C/G	Black 6:45 - 7:30	Purple/Blue 6:30 - 7:15	Purple/Blue 6:15 - 7:00	BBC-C/G	Brown/Red 6:30 - 7:00	Black 6:30 - 7:00	
Purple/Blue 7:00 - 7:45	Practical Application Self-Defense BBC & LC Members may attend at no extra fee. Age 16 years and older	BBC-Black	White/Orange/ Yellow 7:00 - 7:30			BBC-P/B/Br/R	Leadership 7:00 - 7:30	White/Orange/ Yellow 7:00 - 7:30	Black 2nd-4th Deg 7:00 - 7:30	Kids (up to age 12) Sparring 10:30 - 11:15
Camo/Green 7:45 - 8:30		Adult 7:30 - 8:15	Leadership 7:30 - 8:00	BBC-Black		Brown/Red 7:15 - 8:00	Jr. Instructor (invitation only) 7:30 - 8:00			Adaptive Martial Arts 11:15 - 11:45
				Instructor's Training (invitation only) 7:45 - 8:30		Adult 8:00 - 8:45				

Black Belt Club & Leadership only

Adult Daytime Classes

Monday and Wednesdays

11AM-12PM Mastership Training (workout class):

12:00 - 12:45 All Ranks

Black Belt Club (BBC)

These classes are for members of the Black Belt Club and Leadership Club. We will be focusing on sparring in Camo/Green and weapons training (hand/eye/foot coordination) in Purple through Red. Black Belts will learn the weapons forms during their BBC classes.

PLEASE NOTE:

- Uniforms: You may wear a Cross Taekwondo T-shirt and Taekwondo pants on Monday, Friday and Saturday.
- Classes: Please attend only your assigned classes. Red & Black Belts may attend lower rank classes to re-learn forms.
- Please arrive 10 minutes before class to warm-up on the edge of the mats.
- Please be courteous to the class in session.



Find us on Facebook!
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WHITE / ORANGE / YELLOW

6:30-7:00 Monday - Main floor
 7:00-7:30 Tuesday - 2nd floor
 6:15-6:45 Wednesday - Main floor
 5:45-6:15 Thursday - Main floor
 7:00-7:30 Friday - Main floor
 8:30AM-9:00 Saturday - Main floor

BROWN & RED

(On nights with 2 times, please pick 1 time to attend so classes are smaller)

4:00-4:45 Monday - Main floor
 4:00-4:45 Tuesday - Main floor or
 5:45-6:30 Tuesday - Main floor
 4:30-5:15 Wednesday - Main floor or
 5:30-6:15 Wednesday - Main floor
 4:00-4:45 Thursday - Main floor or
 7:15-8:00 Thursday - Main floor
 6:30-7:00 Friday - Main floor

Black Belt Club (BBC)

(Black Belt Club is the 15 minutes before or after a regular Brown/Red class)

5:30 Tuesday - Main floor
 5:15 Wednesday - Main floor
 7:00 Thursday - Main floor
 Saturday - all on Main floor
 9:00-9:45 Teen/ Adult Sparring
 9:45-10:30 Board Breaks
 (kids start at 10:00)
 10:30-11:15 Kids Sparring

ADULT CLASSES

Daytime: Mon & Wed

Mastership Training (workout class):
 11AM - 12PM
 All Ranks
 12:00 - 12:45

Nighttime:

Tuesday Thursday
 7:30 - 8:15 8:00 - 8:45



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CAMOUFLAGE & GREEN

7:45-8:30 Monday - Main floor
 6:00-6:45 Tuesday - 2nd floor
 4:30-5:15 Wednesday - 2nd floor
 6:00-6:45 Thursday - 2nd floor
 6:00-6:30 Friday - 2nd floor

Black Belt Club (BBC)

(Black Belt Club is the 15 minutes before or after a regular Camo/Green class)

6:45 Tuesday - 2nd floor
 5:15 Wednesday - 2nd floor
 6:45 Thursday - 2nd floor
 Saturday - all on Main floor
 9:00-9:45 Teen/ Adult Sparring
 10:30-11:15 Kids Sparring

BLACK BELTS

4:45-5:15 Monday - 2nd-4th Degrees - 2nd floor
 5:45-6:30 Monday - All Ranks - Main floor
 6:30-7:15 Tuesday - All Ranks - Main floor
 6:45-7:30 Wednesday - All Ranks - Main floor
 4:45-5:30 Thursday - All Ranks - Main floor
 6:30-7:00 Friday - All Ranks - 2nd floor
 7:00-7:30 Friday - 2nd-4th Degrees - 2nd floor

Black Belt Club (BBC)

(Black Belt Club is the 15 minutes before or after a regular Black Belt class)

5:15 Monday - 2nd-4th Degrees only- 2nd floor
 7:15 Tuesday - Main floor
 7:30 Wednesday - Main floor
 5:30 Thursday - Main floor
 Saturday - all on Main floor
 9:00-9:45 Teen/ Adult Sparring
 9:45-10:30 Board Breaks
 (kids start at 10:00)
 10:30-11:15 Kids Sparring

TINY TIGERS 3 - 6 YEAR OLDS

(All Tiger classes are on the 2nd floor)

Advanced
 5:30-6:00 Mondays & Wednesdays
 Beginners
 6:00-6:30 Mondays & Wednesdays
 5:30-6:00 Tuesdays & Thursdays
 Tiger Cubs (3-4 year olds)
 5:00-5:30 Tuesdays & Thursdays

PURPLE & BLUE

7:00-7:45 Monday - Main floor
 4:45-5:30 Tuesday - Main floor
 6:30-7:15 Wednesday - 2nd floor
 6:15-7:00 Thursday - Main floor
 5:30-6:00 Friday - 2nd floor

Black Belt Club (BBC)

(Black Belt Club is the 15 minutes before or after a regular Purple/Blue class)

5:30 Tuesday - Main floor
 7:15 Wednesday - 2nd floor
 7:00 Thursday - Main floor
 Saturday - all on Main floor
 9:00-9:45 Teen/ Adult Sparring
 9:45-10:30 Board Breaks
 (kids start at 10:00)
 10:30-11:15 Kids Sparring

LEADERSHIP

(enrollment in leadership includes enrollment in BBC)

5:15-5:45 Monday - Main floor
 7:30-8:00 Tuesday - 2nd floor
 7:00-7:30 Thursday - 2nd floor

Jr. Instructor class

(invitation only)

7:30-8:00 Thursday - 2nd floor

PLEASE NOTE:

- Please be courteous to the class in session.
- Uniforms: You may wear a Cross Taekwondo T-shirt and Taekwondo pants on *Monday, Friday and Saturday.*
- Classes: Please attend only your assigned classes. Please arrive 10 minutes before class to warm-up on the edge of the mats.

ADAPTIVE MARTIAL ARTS

4:30 - 5:00 Tuesday
 4:30 - 5:00 Thursday
 11:15- 11:45AM Saturday

AMA is designed to utilize Martial Arts as a medium to improve motor skills, cognitive skills, and social skills in children, young adults and adults with special abilities.